FITNESS SCHEDULE

MON TUES WED THU FRI SAT











7 am

TO GET ON THE TEXT MESSAGING SERVICE

TEXT YOUR FAVORITE CLASS NAME AND TEACHER

TO 801-939-9229 EXAMPLE: TONE AND SCULPT WITH NIKKE



















CLASS DESCRIPTIONS



BARRE FUSION

SCULPT CLASS WITH A FUSION OF PILATES, YOGA, STRENGTH TRAINING AND LOW-IMPACT CARDIO



HIGH FITNESS

HIGH CALORIC BURN & FULL **BODY TONING THROUGH** EASY TO FOLLOW
CHOREOGRAPHY. JOIN IN
WITH INTENSE CARDIO
PEAKS & TONING TRACKS



STEP

CHOREOGRAPHED ROUTINE COMBINE STEP AEROBICS WITH BODY SCULPTING, SLIDING, OR FUNK AEROBICS.



3-2-1 HIII
HIGH INTERSITY INTERVAL TRAINING
3 MINUTES - STRENGTH
2 MINUTES - CARDIO
1 MINUTE - CORE
BURSTS OF INTENSE EXERCISE
WITH PERIODS OF REST OR LOWER-INTENSITY EXCERCISE



TONE & SCULPT

CHALLENGING BODY **SCULPTING CLASS DESIGNED TO INCREASE** STRENGTH & MUSCLE TONE. **USE WEIGHTS, RESISTANCE**



BODY BLAST

CARDIO CHARGED WORKOUT WITH CHALLENGING CARDIO SEGMENTS, RESISTANCE TRAINING, AND INTENSE CORE WORK. USING DIVERSE FITNESS **EQUIPMENT**



FARMINGTON CITY

FARMINGTON GYM

MONDAY-SATURDAY 5:45AM-10PM

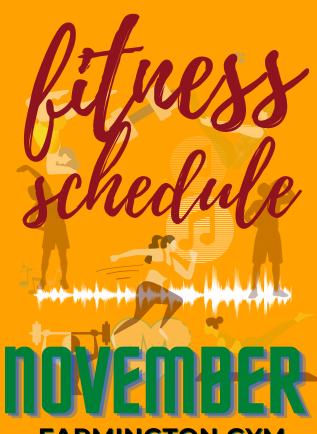
294 SOUTH 650 WEST (801) 939-9229 FARMINGTON.UTAH.GOV



FACE MASKS ARE RECOMMENDED **BUT NOT MANDATORY.**

OUR CHILDCARE IS STILL NOT AVAILABLE. IF YOU WISH TO BRING A CHILD THAT WILL NOT BE PARTICIPATING AND UNDER THE AGE OF 7 THEY MUST BE SECURED IN A STROLLER.

NON-PARTICIPATING CHILDREN ARE NOT **ALLOWED ON THE** BLEACHERS DURING FITNESS CLASSES



FARMINGTON GYM HIGHT FITNESS CLASS



HIGH LOW FITNESS CARDIO CHARGED WORKOUT THAT IS HIGH ENERGY & LOW